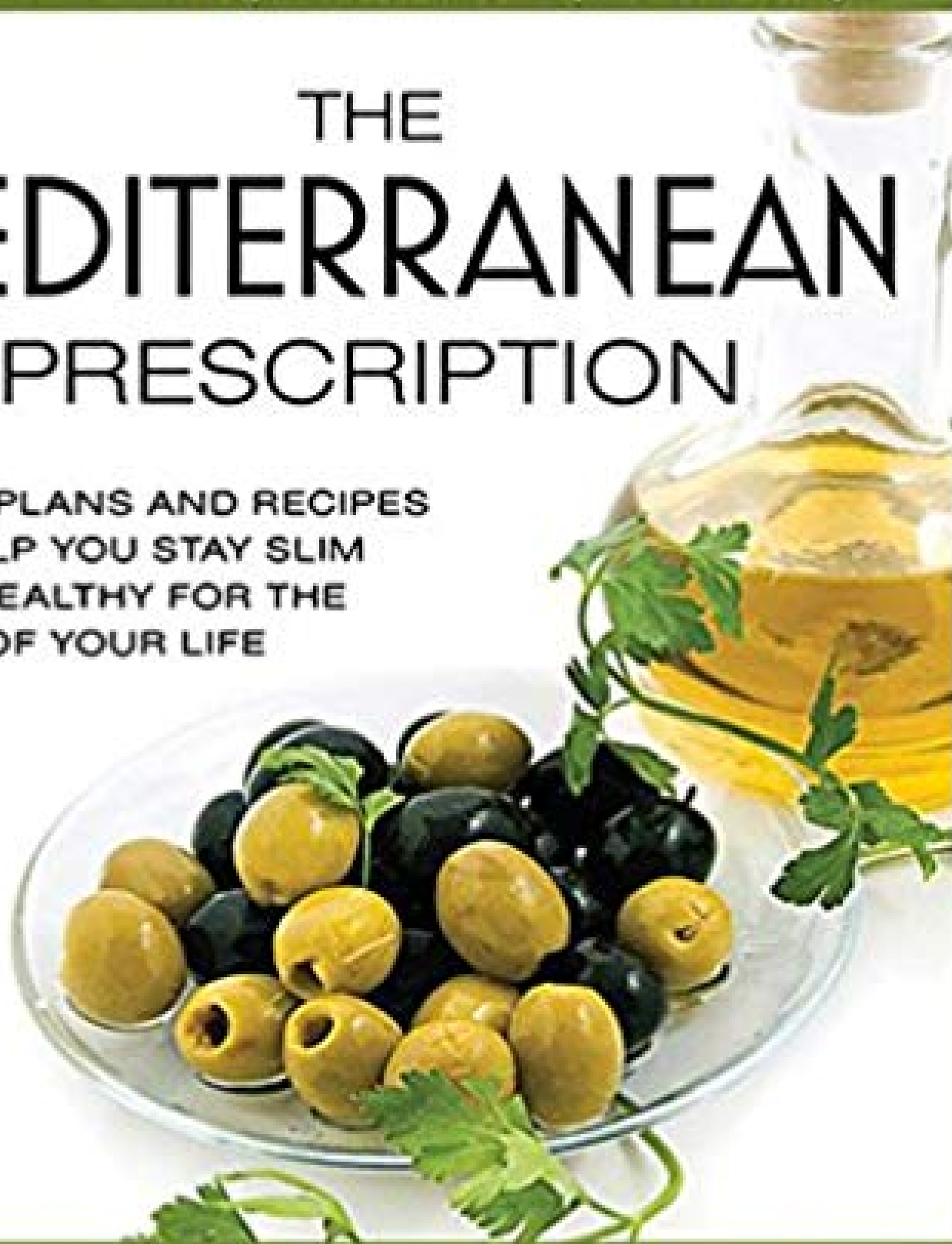


**BONUS MATERIAL:** Includes a printable PDF with a meal plan and over 70 recipes.

# THE MEDITERRANEAN PRESCRIPTION

MEAL PLANS AND RECIPES  
TO HELP YOU STAY SLIM  
AND HEALTHY FOR THE  
REST OF YOUR LIFE



**ANGELO ACQUISTA, MD**  
with **LAURIE ANNE VANDERMOLEN**  
READ BY PAUL COSTANZO

Angelo Acquista M.D. and

## The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life



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Renowned because of its dazzling beauty and delectable cuisine, the Mediterranean island of Sicily offers historically one of the healthiest diet plans in the world. Capture a wonderful way of eating which will bring all the blessings and bounty of the Mediterranean to your desk, to your life, and to your wellbeing! Now all the succulent flavors and myriad great things about Sicilian cooking food are yours to savor in the 1st weight-loss program that will not only assist you to effortlessly shed undesired pounds but can be a prescription for a lifetime of nourishing, palate-pleasing fare. Created by respected physician Dr. Angelo Acquista, who has effectively counseled his sufferers on weight management for years, The Mediterranean Prescription begins with a two-week weight-loss stage that includes simple, delectable dishes to help you reduce eight to ten pounds right away. Still convinced that all diets leave you feeling deprived? Imagine eating Baked Zucchini with Eggplant and Tomatoes, Sweet-and-Sour Red Snapper, Poultry Cacciatore, Pasta Fagioli, and Baked Onions. Dr. Plus you will discover vital information on how being overweight affects each part of your body, including the skin, brain, center, liver, joints, back, and breasts. plus he includes meals from famous chefs in top Italian restaurants, such as Cipriani and Serafina. If you follow these lifestyle-changing suggestions, you will enjoy long-term achievement: Eat the foods you like and enjoy bread, pasta, and all of your favorite Italian dishes while adopting healthier eating habits. zero deprivation: The Sicilian method of cooking and combining foods means less snacking in between foods, and less temptation to fill up on desserts. difficult love" Most people don't realize that many of their health problems derive from unhealthy weight. no more addictions: A two-week "family-friendly recipes: Children will love and benefit from the dishes as well, so you can share the good eating and the nice health. Acquista culled his Sicilian mother's recipe container for the most mouthwatering recipes— stage helps you break the addiction of sugar, junk food, and preservatives. Uncover the Sicilian key to a happy life. Recent studies show that this eating style can decrease the threat of developing Parkinson's disease, Alzheimer's, diabetes, and depression, and that it could even increase fertility prices!



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Now it's a means of Life, Not a Diet ! Ok so I bought the reserve hoping to lose a few pounds and get back on the right track. So healthy, as well! "YIKES! " Easy to accomplish especially the older we get. After 4 - 5 weeks consuming as the program recommends I lost 8/10 pounds. So I was happy about that. The unexpected shock came when I went for my checkup. My cholesterol quantities were the lowest they had been in a decade. I actually asked the Dr. if they could have possibly gotten someone else's results in error. I was rocked ! My total listed below 200 (194) My Tri-G down from 273 to (130) My LDL down from 240 to 122). Right now you understand why I asked about somebody else's results. I don't write evaluations often however the blood outcomes made me write that one. I am hoping this review makes you think about trying the book and the diet, and that you have the same successful results I have had. Really like all the details and instructions Not worth the amount of money it was ok not what we expected, would of like to had more menus and recipes. I had tried exercise and other diets to change the amounts to no avail. Thank you, Doctor! thought probably I was "DNA Locked" into my Cholesterol. It seems that's not the case. I made a decision it could be better to surrender a little to cravings than to become a martyr and ultimately binge. EASILY take an occasional day or two off (that i did for Xmas and blissfully loved all of the usual treats), I simply go back again to the dietary plan 100% and the fat starts dropping once again. It really wasn't. Something that helped motivate me recently was the 'pause switch' idea (some new book out that I noticed in a information article). Forget about blood sugar crashes, actually on off days has produced me a believer. I was an Ice Cream every evening for snack guy- Now I'm a fruit every night for snack man. I alternate between stringent days and then relaxed days. I had been placed on Cholesterol meds and may not really tolerate them. I am committed to the way of eating as a lifestyle today !Mid-April 2013 - Cholesterol is down 36 factors to 199! It functions for me like nothing else ever has! It's been 12 weeks, but I will not hit 3 months until Feb. My bloodstream sugar is stable for hours and junk meals no longer calls my name! I am motivated to keep because I am having such great outcomes. My doctor is quite happy! The olive oil really made the difference for me. I used to eat diet salads with no-unwanted fat dressing - never again!We am staying about the 2-week prescription until We lose the rest of the 20 pds. There is a satisfaction that seems to actually bring me through cravings and I attribute it to the regular use of olive oil. I'll definitely give an upgrade. Everything you want to begin this diet program. My Dr. This is extremely easy for me personally to customize for myself. One of the best books on the topic. Classic text in ordinary English.The Initial section of the diet plan has you eliminate Carbs, Sugars, Dairy and Processed food items. Five Stars love it Five Stars guaranteed way to change your diet, eat healthier and lose weight almost immediately. I only gained 1 1/2 and dropped it within 2 days plus much more after I returned on track this the other day. I must have been born to consume in this manner. I also body that enough time off balances my body because I am on the limited part of the diet - so I feel great about having a little fruit and nuts for wellness. I feel so healthy and also have been enjoying caviar with my sardines (buy top quality, tender sardines in olive oil). I still have just a little soy or almond milk in my coffee. I really like this 'diet' and can continue! 10 pounds in per month is amazing for me personally - It took me a lot more than dual the time to get this done on another diet plan that was much more complicated to follow. Understanding that I could really make improvement when I'm not hormonal while maintaining (which I hope I can grasp with practice) while I am is a wonderful discovery! Certainly a loose sz 8 now in trousers. It had been incredible to go shopping this week and suit loosely into size 10 slacks when I was a good 14 only 6 weeks hence. Sounds hard right? I had quit watching and place 15 pounds on over a season ! I've never had the opportunity to take times off and get back on track so easily. I love

fish and poultry and the others is plant centered (vegetables). My rings have already been loose for the whole 6 weeks, also. We are healthier and pleased to be losing weight. I acquired some butter-flavored olive oil that I love on toast each morning. Have got started displaying people my driver's license picture recently plus they are shocked by the modification. I have had to overhaul my clothes and have given a lot to Goodwill. Need to buy nearly a fresh wardrobe for this summertime. I reread the reserve from time to time for motivation. I am impressed by medical benefits. 12. I am so thrilled that I might be within my goal weight at that time. It's not that the diet is hard, but you can diet plan, enjoy your food, rather than become starving to lose weight. I gained 1 1/2 last weekend eating cookies, but I don't mind. That is even through the Thanksgiving vacation this week. Update 20 weeks (Mid-Nov to past due March 2013): I am still plugging aside and it's going well. It's much better than Pounds Watcher's. I'm pretty resistant to weight loss and have to actively become on the prescription part to make progress while some can get rid of in the maintenance phase. But it is usually totally doable. Personally I think like I've finally found a thing that functions for me for life. Life is a little bit along and this diet works well with that. I can have an 'off' meal or two and not gain a thing usually. MORE! If I'm not really strict, I maintain, easily indulge, I might gain a tiny bit. Update at 6 Weeks: Halfway to my objective weight. The dishes are great and if you don't value red meat very much it wasn't a big deal. It helped me get yourself a few strict times in a row, because I don't get rid of unless I am strict. Sorry if there is repeated information in my updates, but I must say I feel and look amazingly healthy. I experienced high energy really activate close to the end of the first week and I've just been doing 30 min of moderate exercise every day. Very Happy I have already been on the 2-week prescription for 12 days and have lost 6 pds. I am back in small tops and my size 10 denim jeans are sagging now, so it is time to go shopping for 8's. End of Oct. 2013 Will be a year in a week or two. I try to stick to the strict part for several days in a row and I maintain conveniently in-between. Didn't matter if indeed they knew me this past year or not, it really is an enormous improvement. And at 61 I could don't be on a med which makes my standard of living less enjoyable. If I go way off I get stomach aches and I move back to the Mediterranean Prescription to experience better. This is actually the "Why" must I eat Mediterranean Style This is simply not your typical Mediterranean Recipe Publication. The concentrate of the reserve is details concerning how you take in effects your wellbeing. It discusses how the Mediterranean Eating Habits have already been found to become the healthiest and why it's so good for you personally. The doctor discusses how you can eat to be satisfied and healthy too. It was extremely interesting. In the rear of the reserve there are several simple recipes to get your started in your new eating habits. With just some minor changes inside our food preparation and food choice, my husband and I have been slowly losing weight. If you're searching for a comprehensive collection of recipes, this might not be the book for you. If you're seeking to get the "why" you should eat Mediterranean and to get new eating habits, this is actually the book you would like to read. 2 Week Diet Plan My husband misplaced 11 pounds the 1st week on this diet and I lost 5. I did cheat just a little and he didn't. Update at almost 12 Weeks: My objective weight is around the corner (10 lbs to go)! We have a lot more than 10 pounds to lose so we'll be on this a while. Shed it fast and painlessly in two tight prescription days of seafood, poultry, eggs and vegetables (and the best morning toast with butter-flavored olive oil). All it costs is definitely you purchasing the eggs, breads, vegetables, seafood or chicken. Within 3 days of being on this diet plan my husband got off his blood sugar supplements as his blood glucose dropped up to now. Now his blood sugars is in the standard range 70-100. We are now inside our 2nd week. I dropped 10 pounds total and he dropped 16 total. I was in discomfort before the dietary plan. My

left knee acquired arthritis. However now me being 10 pounds lighter, I don't hurt any longer which is excellent since we're going on vacation. No one really wants to maintain pain ever and especially not on vacation. So I totally recommend this totally magical easy method of slimming down. I am really getting trim and also have lost about 18 pounds with 7 to proceed! Really like everything and Learning a lot on Mediterranean life-style. I didn't wish to be on them and today I don't need to. THEREFORE I liked adding modest portions of spaghetti with ground beef, fruit, cheese, butter, wine, nuts, extra breads and my favorite coconut cupcake for some days. Update at four weeks: 10 pounds gone , over a 3rd of my goal! The program is so simple that I experienced it memorized on the first day. Clinically relevant, well researched, in PLAIN ENGLISH!! I even took some foods off when I finally acquired hormonal cravings. The writer is definitely commended on his writing skills. MORE! The cookies had been a special treat and the writer says he sometimes likes to indulge also. Five Stars Love Mediterranean food



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